

AVAILABLE
MON - FRI 8AM - 12PM
SAT - SUN 9AM - 12.30PM

PLEASE ORDER
AT THE BAR

GLUTEN FREE BRUNCH

.....

Eggs Florentine (v) • 8 | Eggs Benedict • 9 | Eggs Royale • 9

with Gluten Free Toast

Potato and Okra Hash with Chickpea, Poached Egg and Chilli (v) • 9

Slow Cooked Beef Brisket with Poached Egg, Gluten Free Bread and Chimichurri Sauce • 11

Smoked Salmon, Avocado, Poached Egg with Gluten Free Toast • 11

House Breakfast with Bacon, Egg, Hash Brown, Beans, Tomato, Mushroom and Gluten Free Toast • 11.75

Smoothies:

Passion Fruit, Papaya, Pineapple, Peach, Guava and Aloe Vera • 4.5

Blueberry, Blackberry, Blackcurrant and Banana • 4.5

Acai, Strawberry, Blueberries and Mango • 4.5

AVAILABLE
MON - FRI 12 - 9.30PM
SAT - SUN 12.30 - 9.30PM

SIDES

Homemade Slaw (v) • 3

Mixed Olives (ve) • 3.75

Fries (ve) • 3.75

Green Salad • 4.5

with Courgette, Cucumber, Peas,
Chimichurri and Sea Salt (ve)

Rocket and Parmesan Salad • 6.5

with Sun Blushed Tomato and Balsamic Dressing

DESSERTS

Gelato • 5

Chocolate

Strawberry

Hazelnut

Vanilla

AVAILABLE
MON - FRI 12- 9.30PM
SAT - SUN 12.30 - 9.30PM

PLEASE ORDER
AT THE BAR

GLUTEN FREE SMALL PLATES

.....

Chilli Hummus with Carrot, Courgette and Gluten Free Bread • **6**

House Soup with Gluten Free Bread • **6.75**

* **Bruschetta of the Day** on Gluten Free Bread • **8**

Slow Cooked Baby Chorizo in Red Wine with Aioli Sauce and Gluten Free Bread • **6**

GLUTEN FREE LARGE PLATES

.....

Pickled Asian Mushrooms with Edamame Bean, Tofu Puree,
Roasted Buckwheat and Truffle Oil on Gluten Free Bread • **7.5**

Roasted Cauliflower and Crispy Chickpea Salad
with Harissa Yoghurt, Avocado, Pear, Radish and Dukkah (v) • **8 / 12**

Smoked Chicken Caesar Salad • **8.5 / 12.75**
with White Anchovies, Pancetta, Parmesan, Paprika and Chives

Slow Cooked Beef Brisket and Sweet Potato Hash • **14.75**
with Fried Egg, Gluten Free Bread and Sweet Tomato Chutney

Crispy Sea Bass with French Bean, Fresh Chilli and Potato Salad,
Sesame Seeds, Ginger and Lime Sour Cream • **14.75**

GLUTEN FREE BURGERS

.....

ALL BURGERS ARE SERVED WITH FRIES, DILL PICKLE AND HOMEMADE SLAW ON A GLUTEN FREE BUN

Low Carb Burger your choice of burger without the bun, served with a salad instead of fries • **13**

Plough Burger with Fried Onion, Plough Burger Sauce, Iceberg, Melted Cheddar and Mustard Pickle • **14.5**

Buffalo Chicken Burger with Hot Sauce, Blue Cheese Dressing, Celery and Guindillas Pepper • **14.75**

**We make every effort to ensure there is no cross contamination however
all our kitchens do use products that contain gluten.**

*** THESE DISHES ARE NOT AVAILABLE ON SUNDAYS OR BANK HOLIDAYS**